

**SPECIALTY CLASSES****Photography****\$71**

Students in this program will learn to see as photographers. Each child will receive his/her own camera, which they will keep after the end of class. The lessons include photographic basics, understanding art in general, composition, subject matter and lighting. The class will conclude with a final exhibition of each child's work. A \$30 supply fee is due at the first class.

*Instructor: Tapestry Arts*

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.601	W	9/17-11/5	4:00-5:00pm	8-13	8	SHK

**TRACY WILSON TEEN CENTER**

A FREE Drop-in recreation program for youth between 12-17 years of age. Program runs from 2:30-6:00pm daily. Youth can participate in the following activities: Billiards, Sports, Ping Pong, Tournaments, Workshops, Cooking, Board Games, Crafts, and low cost field trips.

There will be a new location for Tracy Wilson Teen Center beginning if the fall of 2008. Please call for new teen center location at 408-277-3317.

Activity	Day	Time
Arts & Crafts	Wednesday	3:30-5:00pm
In The Kitchen	Monday	4:30-6:00pm
Open Gym	Mon/Wed/Fri	5:00-7:00pm
Model Car Class	Tuesday	4:00-5:00pm
Drawing Class	Friday	4:00-5:00pm
Birthday Club	Last day of the Month	4:00-5:00pm
Youth Council Meeting's	3rd Wednesday	4:00-5:00pm
Program Begins	8/25	
Welcome Back BBQ	8/25	2:30-5:00pm
Flag Football League	TBD	TBD

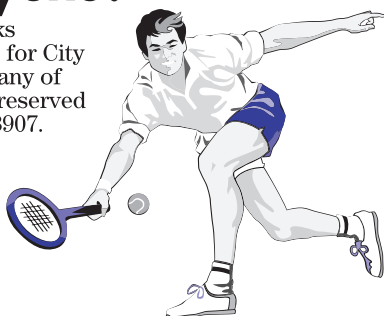
**Co-ED Flag Football League****Free**

Teen's ages 12-17 are eligible to participate. There will be two divisions a middle and high school division. Games location to be announced. There will be an End of Season Celebration held on the last day of games for all participants (pizza, hotdogs, hamburgers, chips, soda, and ice). Participants will receive a trophy at the end of the season.

**Tryouts:** August 28-September 8**Middle School Games:** Friday's 5:00-8:00pm**High School Games:** Saturday's 10:00am-3:00pm**Tennis Anyone?**

Twenty-one City parks include tennis courts for City residents to enjoy. Many of these courts may be reserved by calling (408) 369-3907.

Tennis classes are offered through many City community centers. Check the class listings for times and locations.

**Southside Community Center****5585 Cottle Rd., San José 95123****Phone:** 408-629-3336 · Senior Ctr: 408-629-3435**Fax:** 408-365-7135**Supervisor:** Jeannette Meyer**Email:** jeannette.meyer@sanjoseca.gov**Bus Lines:** 27 and 68**Types of Programs:** Fee class, rental, senior programs, senior nutrition, and special events.**GETTING TO SOUTHSIDE**

County Transit bus lines #27 and #68 run very close to our Center. #27 stops right in front on Poughkeepsie Road and #68 stops across the street on Cottle Road in front of the Unocal 76 Gas Station. We are down the street from Light Rail.

**ARTS & CRAFTS****Art Adventures****\$91**

Children embark on an imagination journey filled with fun and fantasy! In this spectacular course designed specifically for preschoolers, students experience each of the art disciplines: Creative Drama, Dance, Music, and Visual Arts. Each class presents a different theme with fun and engaging activities. Through this course, preschoolers develop skills to prepare them for the next stage of growth: creative expression, movement and motor skills, socialization, language development and math concepts. From the ocean to the jungle, royal castles to safari scenes, children set off on a course of adventure with costumes, props, music, arts and crafts, and lots and lots of imagination! **The parent participation class is for the registered child and caregiver only - no non-registered participants.**

*Instructor: C.L.A.P. Arts*

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.101	F	9/19-11/7	10:00-10:45am	2-4yrs	8	SS

**Fun with Mud****\$149**

Get your hands dirty while you tackle the basics of sculpting forms & experience the joy of slippery clay through your fingers. Students will engage in fun & learning as they take a trip to the museum & explore SJMA's Collection Highlights. Students will create their own ceramic "master piece" inspired by the art they have seen & experienced. All materials included.

*Instructor: San José Museum of Art*

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.102	Th	9/18-11/6	4:00-5:30pm	7-12	8	SS

*Southside Community Center continues on next page*

**Keep the Activity Guide handy  
as a reference...or recycle it  
by passing it along to a  
neighbor, friend or co-worker.**



## ARTS & CRAFTS

### Painting the Rainbow - *New* **\$80**

Grab your little munchkin and your grubbies for eight weeks of messy fun. Colorful, instructive and imaginative art works will be created. While all the art work you and your child will create will be great, the important thing is what your child will receive in the end and all the great new friends he or she will meet. The process of the art work rather than the product will be the emphasis of the class. This is a parent participation class. Registered participants only.

*Instructor: Ryser*

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.103	W	9/24-11/12	10:00-11:30am	2.5-3	8	SS
216.2.104	W	9/24-11/12	11:15am-12:15pm	4-5	8	SS

### Sculpture **\$71**

Students taking this free-form sculpting class will broaden their imagination as they engage in hands-on manipulation of different materials from paper to clay into 3-dimensional figures. Students will then air dry and paint their figures.

*Instructor: Tapestry Arts*

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.105	F	9/19-11/7	3:30-4:30pm	6-9	8	SS
216.2.106	F	9/19-11/7	4:30-5:30pm	10-13	8	SS

### Young Artist Drawing **\$86**

Young students are so eager to learn and are a joy to teach. Young Rembrandt's instructors provide a nurturing and strong learning environment that expands pre-schools' image vocabulary as they draw familiar images such as fish, teddy bears, rainbows and cowboys. We'll concentrate on the skills of drawing and coloring while we develop fine motor skills, focus, listening, staying on task, patience and spatial organization

*Instructor: Young Rembrandts*


Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.107	T	9/16-10/21	2:30-3:30pm	3.5-5	6	SS

### Elementary Drawing Class **\$86**

Our elementary-age curriculum is designed to teach basic to advanced drawing skills, art techniques and vocabulary. We believe that drawing is the bedrock skill required for future artistic success. We give them skills to express their creativity, and believe that all children can and should learn to draw. We provide all materials and teach new lessons each week in a positive and nurturing environment, which brings out the best in each child. You'll see increased art abilities, learning skills, self-confidence and self-esteem.

*Instructor: Young Rembrandts*

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.108	T	9/16-10/21	3:45-4:45pm	6-12	6	SS



**Check out the  
Office of Therapeutic Services**  
for specialized recreation programs  
for people with disabilities!

## DANCE

### Dance Sensations **\$80**

A fantastic beginning dance class where students will learn Ballet warm ups, a rockin' Jazz/Hip Hop dance and Tap steps! Students will perform a fantastic show for parents on the final class! The class is taught by the professional staff of Dance Arts Academy, teaching dance instruction in the Bay Area for over 39 years.

*Instructor: Dance Arts Academy*

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.201	W	9/17-11/5	4:30-5:25pm	5-9	8	SS

### Little Dance Divas **\$80**

A fantastic beginning dance class where students will learn Ballet warm-ups, a rockin' Jazz/Hip Hop dance and Tap steps! Students will perform a fantastic show for parents on the final class! The class is taught by the professional staff of Dance Arts Academy, teaching dance instruction in the Bay Area for over 39 years.

*No Class 10/13*

*Instructor: Dance Arts Academy*

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.202	M	9/15-11/10	4:00-4:55pm	3-6	8	SS

### Pretty Princess Tap and Ballet **\$98**

All of you pretty princesses come join this joyful class. The little ones will get to learn really fun basic tap steps and song and dance routines. They will dance with crowns, flowers and wands to Princess Ballet music doing the ballet positions and traditional ballet steps and dances. Come dance to Waltz of the Flowers and make your dreams come true! This combo class will give your child a variety of two types of dance. **Note: Ballet slippers/tap shoes suggested.**

*No Class 10/13*

*Instructor: Dancekids*

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.203	M	9/15-11/10	3:00-3:45pm	4-6	8	SS

### Rhythm and Roll (Acrobatic Dance) **\$80**

This class safely introduces basic gymnastics moves such as forward rolls, backward rolls, bridges and cartwheels while also developing a dance foundation. children improve motor skills, coordination, balance and flexibility in a playful atmosphere. Beginning dance moves help develop rhythm, spatial awareness and self-confidence. Hooola hoops, ribbon sticks and other props add to the fun!

*Instructor: C.L.A.P. Arts*

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.204	F	9/19-11/7	11:00-11:45am	3-5	8	SS

### Hip Hop Moves **\$50**

Need an outlet to all your ENERGY, hip hop dance can help you with that. Use all your energy and put it towards learning basic hip hop moves to the newest songs. Students will learn proper warm ups, hip hop movements and short routines.

*Instructor: Vasquez*

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.205	W	9/24-10/29	5:30-6:15pm	6-8	6	SS
216.2.206	F	9/26-10/31	4:30-5:15pm	9-12	6	SS
216.2.207	W	9/24-10/29	6:30-7:15pm	13-16	6	SS

**Hip Hop Level II - New****\$50**

Due to high demand Ms. Vasquez is leading the level 2 class to the next beat. The class will focus more on technique and routines. Participants must take the level 1 class before taking this class.

No Class 11/26, 11/28

Instructor: Vasquez

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.208	W	9/24-10/29	4:30-5:15pm	6-11	6	SS
216.2.209	F	9/26-10/31	5:30-6:15pm	12-16	6	SS
216.2.210	W	11/5-12/17	4:30-5:15pm	6-11	6	SS
216.2.211	F	11/7-12/19	5:30-6:15pm	12-16	6	SS

**Fairy Princess Ballerina****\$98**

Little ones dream of dancing like the Sugar Plum Fairy, Swan Princess or even Cinderella. Here is their opportunity to make this dream come true. Children will enjoy dancing with wands, crowns, scarves and other accessories. They will feel like beautiful princesses and fairies. Come learn graceful ballet steps and dances to classical music and children's popular show tunes. This is an imaginative and creative class that your child will love.

No Class 10/13

Instructor: DanceKids

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.212	M	9/15-11/10	2:00-2:45pm	2.5-3.5	8	SS

**EARLY CHILDHOOD RECREATION****Tiny Tots**

This class emphasizes on an INTRODUCTION to age appropriate activities, which may include, but not limited to crafts, shapes, parties, games, colors, hand/eye coordination, holiday activities/events, motor skills. The class is designed to stress fun and encourage independence, but not force the children to participate in all activities. Our goal is to have the children enjoy their time in a classroom atmosphere. Please include a copy of the child's birth certificate with the registration. The child must be toilet trained.

No Class 10/13, 11/11, 11/27, 11/28

Instructors: Gavin/Ortiz

Course #	Day	Date	Time	Age	Mtg.	Price
216.2.301	M/W/F	9/15-11/7	9:00am-12:30pm	3-4	23	\$304
216.2.302	M/W/F	11/10-12/19	9:00am-12:30pm	3-4	17	\$232
216.2.303	T/Th	9/16-12/11	9:00am-12:30pm	3-4	24	\$316

**Kinder Tots**

This class emphasizes on ENHANCING age appropriate activities, which may include, but not limited to letters, numbers, crafts, games, parties, holiday activities/ events, independence, and shapes. The class is designed to stress fun and encourage, but not force the children to participate in all activities. Our goal is to have the children enjoy their time in a classroom atmosphere. Please include a copy of the child's birth certificate with the registration. The child must be toilet trained.

No Class 10/13, 11/11, 11/27, 11/28

Instructor: Moore/Torres

Course #	Day	Date	Time	Age	Mtg.	Price
216.2.304	M/W/F	9/15-11/7	9:15am-12:45pm	3.5-4	23	\$304
216.2.305	M/W/F	11/10-12/19	9:15am-12:45pm	3.5-4	17	\$232

Instructor: Baldonado/Torres

Course #	Day	Date	Time	Age	Mtg.	Price
216.2.306	T/Th	9/16-12/11	9:15am-12:45pm	3.5-4	24	\$316

Instructor: Roth/Torres

Course #	Day	Date	Time	Age	Mtg.	Price
216.2.307	T/W/Th	9/16-11/6	1:30-4:30pm	3.5-4	24	\$284
216.2.308	T/W/Th	11/12-12/18	1:30-4:30pm	3.5-4	16	\$199

**Kinder Ready**

This class emphasizes on REFINING age appropriate activities, which may include, but not limited to alphabet sounds, numbers, colors, parties, motor movements, crafts, games, story time, and holiday activities/events. Our goal is to have the children enjoy their time in a classroom atmosphere. Please include a copy of the child's birth certificate with the registration. The child must be toilet trained.

No Class 10/13, 11/11, 11/27, 11/28

Instructors: Coffee/Ulrich

Course #	Day	Date	Time	Age	Mtg.	Price
216.2.309	M/W/F	9/15-10/17	9:00am-12:30pm	4.5-5	14	\$197
216.2.310	M/W/F	10/20-11/21	9:00am-12:30pm	4.5-5	15	\$220

Instructors: Cabrera/Roth

Course #	Day	Date	Time	Age	Mtg.	Price
216.2.311	M/W/F	9/15-11/7	9:15am-12:45pm	4.5-5	23	\$304
216.2.312	M/W/F	11/10-12/19	9:15am-12:45pm	4.5-5	17	\$232
216.2.313	T/Th	9/16-12/11	9:15am-12:45pm	4.5-5	24	\$316

**Winter Fun****\$140**

Need a mini break during the winter? Sign your child up this winter session for fun filled activities and more. Winter Fun is designed for children to participate in age appropriate activities such as crafts, story time, drama, music, and games that will help develop their socialization skills, hand eye coordination and motor skills. The class emphasis is on FUN! The child must be toilet trained.

No Class 1/14

Instructor: Coffee/Ulrich

Course #	Day	Date	Time	Age	Mtg.	Price
216.2.314	M/T/W	12/1-12/10	9:00am-12:00pm	4.5-5	6	\$93

Instructor: Ortiz

Course #	Day	Date	Time	Age	Mtg.	Price
216.2.315	M/W/F	1/5-1/16	9:00am-12:30pm	3-5	6	\$101
216.2.316	T/Th	1/6-1/15	9:00am-12:30pm	3-5	4	\$77



## MUSIC/THEATER ARTS

### Guitar – Beginners \$66

Begin to play classic Guitar pieces adapted for beginners. No need to read music. You don't need to know how to read music.

*Instructor: Recreation USA*

Course #	Day	Dates	Time	Age	Mtg.	Loc.
216.2.401	Sa	9/20-10/25	9:30-10:30am	7-10	6	SS
216.2.402	Sa	9/20-10/25	10:35-11:35am	11-17	6	SS

### Parent and Child Keyboarding – Level I \$86

Don't miss this chance to introduce your child to the study of piano, note reading, rhythm, and melody through games and fun activities. Each child will have a keyboard for use in class. Fee includes one parent and one child; parent must attend with child. Book fee of \$15 is due at the first class meeting. Level I and Level II class will be different books. On the last day of class there will be a recital.

*No Class 10/13*

*Instructor: Noteworthy*

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.403	M	9/15-11/10	10:25-11:10am	3-5	8	SS

### Parent and Child Keyboarding – Level II \$86

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.404	M	9/15-11/10	11:15am-12:00pm	3-5	8	SS

### Piano/Keyboard – Level 1 \$107

A class in basic piano skills and music reading. Principles of rhythm, melody, harmony and ear training are taught with the aid of tonally accurate portable keyboards provided by the instructor. Participants will enjoy this individual approach. Level I: Beginner level with no prior keyboard experience. Access to a piano or keyboard is recommended. A \$7.50 music book fee for ages 6-12 is payable to the instructor and will be collected at the first class. Students must bring their own set of 1/4" headphones.

*No Class 10/13*

*Instructor: Noteworthy Music*

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.405	M	9/15-11/24	3:30-4:15pm	6-7	10	SS
216.2.406	M	9/15-11/24	4:20-5:05pm	8-12	10	SS

### Piano/Keyboard – Level II \$107

Must have completed Level I or have prior piano experience.

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.407	M	9/15-11/24	5:10-5:55pm	6-12	10	SS

### Piano/Keyboard – Level II/III \$107

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.408	M	9/15-11/24	6:00-6:45pm	6-12	10	SS

### Musical Theater \$80

Learn to perform like your favorite stars in High School Musical! Both singing and dance instruction will both be covered! Students will learn a great musical theater routine that they will perform for parents on the final class!

*Instructor: Dance Arts Academy*

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.409	T	9/16-11/4	1:00-1:55pm	3-6	8	SS
216.2.410	T	9/16-11/4	5:30-6:25pm	7-12	8	SS

## SPECIALTY CLASSES

### Parenting the Chicken Nugget – *New* \$88

Parenting the picky eater is manageable with the right information. Join Chef Conrad on six fun weeks of stirring up nutritious recipes for those little busy bees. Six fun and exciting recipes will be covered that will please the choosiest child. The recipes will be both healthy and delicious. All materials for the class are included into the cost of the class.

*No Class 10/13*

*Instructor: Conrad*

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.601	M	9/15-11/3	3:30-5:30pm	6-8	7	SS
216.2.602	M	9/15-11/3	6:00-8:00pm	9-12	7	SS

### Parenting the Chicken Nugget – Session 2 \$75

Learn six more delicious recipes for the holiday season. All materials for the class are included into the cost of the class.

*Instructor: Conrad*

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.603	M	11/10-12/15	3:30-5:30pm	6-8	6	SS
216.2.604	M	11/10-12/15	6:00-8:00pm	9-12	6	SS

### Photography \$71

Students in this program will learn to see as photographers. Each child will receive his/her own camera, which they will keep after the end of class. The lessons include photographic basics, understanding art in general, composition, subject matter and lighting. The class will conclude with a final exhibition of each child's work. A \$30 supply fee due at first class.

*Instructor: Tapestry Arts*

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.605	W	9/17-11/5	4:00-5:00pm	8-13	8	SS

### Stranger Danger – Kid Escape \$43

In this 2 hour workshop children of all ages will learn assertive ways of saying no to strangers, preventive things to do to discourage strangers who intend to do harm, and self defense techniques to get away from a kidnapper. This program has recently been a feature on the Montel Williams Show.

*Instructor: Recreation Plus*

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.606	Sa	9/27	10:00am-12:00pm	5-8	1	SS
216.2.607	Sa	9/27	12:30-2:30pm	9-12	1	SS
216.2.608	Sa	10/18	10:00am-12:00pm	5-8	1	SS
216.2.609	Sa	10/18	12:30-2:30pm	9-12	1	SS
216.2.610	Sa	11/15	10:00am-12:00pm	5-8	1	SS
216.2.611	Sa	11/15	12:30-2:30pm	9-12	1	SS

## SPORTS & FITNESS

### Gym Star Toddlers \$80

Calling all active toddlers! Tumbling, parachute fun, bubbles and many other gym activities will be included in this great class. Beginning gymnastic skills in an upbeat parent (or other adult) participating class. Come have a great time with your little gym star! **Location:** (DAA) 5725 Winfield Blvd #4

*No Class 10/13*

*Instructor: Dance Arts Academy*

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.501	M	9/15-11/10	3:00-3:55pm	18-36m	8	SS



**Gymnastics Stars \$80**

Be a gymnastic star! Learn cartwheels, handstands, rolls, round offs, and much, much more! The class is taught by the professional staff of Dance Arts Academy. Show for parents on the final class!

*Instructor: Dance Arts Academy*

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.502	W	9/17-11/5	5:30-6:25pm	6-12	8	SS

**Mini Gymnastics Stars \$80**

Be a gymnastic star! Learn cartwheels, handstands, rolls, round offs, and much, much more! The class is taught by the professional staff of Dance Arts Academy. Show for parents on the final class!

*No Class 10/13*

*Instructor: Dance Arts Academy*

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.503	M	9/15-11/10	5:00-5:55pm	3-6	8	SS

**Tennis \$88**

Learn all the basic strokes with proper technique-fore hand, back hand, and serving. (Introduction to volleys and overhead). Each student should bring a racquet.

*Instructor: Recreation USA*

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.504	W	9/17-11/5	4:30-5:30pm	7-10	8	LP
216.2.505	W	9/17-11/5	5:35-6:35pm	11-17	8	LP

**Little Ninja Fitness Fun \$57**

This fun-filled class will give your child a great workout! Each little ninja will learn basic warm-up exercises, karate moves and fitness exercises. This is a great way to give your tot the chance to use their energy in a positive way. Check with your instructor on uniform, belt testing and certification at the end of the session.

*Instructor: Camp Carter International*

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.506	Th	9/18-11/6	11:45am-12:30pm	3-5	8	SS

**Mommy/Daddy & Me Soccer \$94**

Introduce yourself and your toddler to the "World's Most Popular Game"! As you and your child participate in fun age appropriate activities, your child will be developing their large motor skills and socialization skills. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field, and in Mommy/Daddy & Me Soccer, you won't have to watch from the sidelines. **Rain out Hotline:** 1-800-871-2275

*Instructor: Kidz Love Soccer*

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.510	Sa	9/27-11/22	3:00-3:30pm	2-3.5	9	LC

**Kidz Love Soccer (KLS) \$94**

Kidz 3.5-12 years of age learn the world's most popular sport from professional coaches licensed in the Kidz Love Soccer method; a session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages conducted in a non-competitive, recreational format. **Kidz Love Soccer:** "where the score is always fun to fun™" Log onto [www.kidzlovesoccer.com](http://www.kidzlovesoccer.com) for more information. **Tot Soccer (3.5-4yrs)-** Young children will develop large motor skills while having fun running and kicking just like the big kids! Shin guards are required by the second meeting. **Presoccer (4-5yrs.-)** Children will learn the basic techniques of soccer while building self-esteem and learning to follow instructions in a nurturing teaching environment. Shin guards are required by the second meeting. **Soccer 1 (5-6yrs.-)** Beginning players learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required by the second meeting. **Soccer 2 (7-8yrs.) & Soccer 3 (9-12yrs.-)** Play the exciting game of Soccer! Explore the real sport, yet still in an instructional and nurturing environment. Be challenged by real soccer situation, venture into the fun tactical side of scrimmaging. Players 7-12 years will enjoy age appropriate soccer matches and be guided through the possibilities by a KLS youth specialist. Attack and Scoring goals! Pace and Possession! Defense and Transition! Themes such as these and continued skill building will be explored fully on the soccer field by young soccer aficionados. "Kidz Love Soccer" where the score is always FUN to FUN! **Rain out Hotline:** 1-800-871-2275

**Location:** LA Colina Park

**Tot Soccer:**

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.511	T	9/23-11/18	9:30-10:00am	3.5-4	9	LC
216.2.512	Sa	9/27-11/22	4:20-4:50pm	3.5-4	9	LC
216.2.513	T	9/23-11/18	2:15-2:45pm	3.5-4	9	LC

**Pre-Soccer:**

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.514	T	9/23-11/18	10:00-10:35am	4-5	9	LC
216.2.515	T	9/23-11/18	2:45-3:20pm	4-5	9	LC
216.2.516	Sa	9/27-11/22	2:00-2:35pm	4-5	9	LC

**Soccer 1:**

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.517	T	9/23-11/18	3:20-4:05pm	5-6	9	LC
216.2.518	Sa	9/27-11/22	2:35-3:20pm	5-6	9	LC

**Soccer 2:**

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.519	T	9/23-11/18	4:05-4:50pm	7-8	9	LC
216.2.520	Sa	9/27-11/22	3:20-4:05pm	7-8	9	LC

**Soccer 3:**

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.521	T	9/23-11/18	4:05-5:05pm	9-12	9	LC
216.2.522	Sa	9/27-11/22	3:20-4:20pm	9-12	9	LC

**Keep the Activity Guide handy  
as a reference...or recycle it  
by passing it along to a  
neighbor, friend or co-worker.**



## SPORTS & FITNESS

### Karate – Beg./Inter.

**\$114**

This is a traditional Japanese style of Karate that combines Japanese style culture, philosophy, history and language. Katas (forms) and tournament style kumite (sparring) are taught. Class includes self-defense and stresses the importance of self-confidence and mental discipline. Please see instructor for clothing and equipment requirements. An exam fee is additional.

No Class 10/13

Instructor: Camp Carter International

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.507	M/W	9/15-11/10	6:00-6:50pm	5+	16	SS

## ADULT CLASSES

### Basic Cookery – **New**

**\$80**

Why cook the hard way when you can learn basic skills to make the cooking experience enjoyable! An introduction to the culinary fundamentals, techniques and skills will be covered in short practiced to get you whipping around your kitchen. The class will cover sanitation, procedures, ingredients, and proper cooking theories. All materials for the class are included into the cost of the class. This is a hands on class.

No Class 11/1, 11/27

Instructor: Conrad

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.701	T/Th	9/16-12/11	6:30-8:00pm	16+	24	SS

### Guitar For Beginners

**\$88**

Begin to play classic Guitar pieces adapted for beginners. No need to read music. Please bring a guitar.

Instructor: Recreation USA

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.702	Sa	9/20-11/8	11:40am-12:40pm	18+	8	SS

### Whipping Up the HOLIDAYS – **New**

**\$88**

Don't spend all day in the kitchen whipping up the holiday feast. Join Conrad in six weeks learning basic techniques and delightful recipes that will make you the star of the party. All materials for the class are included into the cost of the class. This is a hands on class.

No Class 11/26

Instructor: Conrad

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.703	W	11/5-12/17	6:00-8:00pm	16+	6	SS

### International Cuisine – **New**

**\$88**

Take flight on this international kitchen ride for a fabulous experience. With the high prices on everything save your dollar and experience exotic cuisines at a cheaper dollar by cooking it yourself. The class will cover the basic study of authentic ingredients, the proper usage of the ingredients, and six fun recipes. All materials for the class are included into the cost of the class. This is a hands on class.

Instructor: Conrad

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.704	W	9/17-10/29	6:00-8:00pm	16+	6	SS

### Pilates

**\$57**

Come and learn the basics of Pilate's mat work! These exercise techniques can be used to strengthen and tone your abs, hips and thighs. This class promotes flexibility, agility, good posture and body awareness.

No Class 10/13

Instructor: Camp Carter International

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.705	M	9/15-11/10	7:00-8:00pm	16+	8	SS

### Yoga

**\$151**

Increase your strength, flexibility, inner balance and vitality by participating in this class designed to reconnect you to your true self. This class will focus on relieving tension in the back, neck, shoulders and hips through breathing techniques and relaxation. Additionally, special attention will be paid to proper alignment to enhance energy flow and posture.

No Class 11/11

Instructor: Pickel

Course #	Day	Date	Time	Age	Mtg.	Loc.
216.2.706	T	9/16-11/25	5:30-7:00pm	18+	10	SS
216.2.707	T	9/16-11/25	7:15-8:45pm	18+	10	SS

## WINTER CAMPS

### 'Winter Warriors' Soccer League

**\$68**

Join Kidz Love Soccer for games all summer long. Boys and girls will play along side their favorite teammates if a format of 6 vs. 6 play. This format provides players multiple touches on the ball, lots of running, and super soccer action! Players will receive tactical and technical instruction from a Kidz Love Soccer coach, who also officiates the game. The league emphasizes fun, competition, and learning. In addition players will receive a Summer Soccer League T-shirt.

No Class 12/27, 1/3

#### Level 1

Course #	Day	Dates	Time	Age	Mtg.	Loc.
216.2.901	Sa	12/6-1/17	9:00-9:45am	5-6	6	LC

#### Level 2

Course #	Day	Dates	Time	Age	Mtg.	Loc.
216.2.902	Sa	12/6-1/17	10:00-10:45am	7-8	6	LC

#### Level 3

Course #	Day	Dates	Time	Age	Mtg.	Loc.
216.2.903	Sa	12/6-1/17	11:00am-12:00pm	9-12	6	LC

### Indoor Co-Ed Soccer - **New**

**\$68**

Dates: 10/4-11/15 • Ages: 5-12

Registration begins August 26th and will be accepted at Southside Community & Senior Center. All players play at least half of the game. Everyone who participates receives a trophy and T-shirt. All games are held on Saturdays and practices are 30 minutes before game outdoors. All games will be played indoors at the Los Paseos Elementary School Gym 121 Avenida Grande, San Jose 95139. Game times may vary from week to week. This is a competitive program and score will be kept. Volunteer coaches are essential for a successful league. If interested in being a coach, please indicate on the registration form and include your T-shirt size. The success of the league is dependant on you as a volunteer. **Please use the Elementary Sports registration form.**

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.2.929	Sa	10/4-11/15	9:00am-3:00pm	5-12	7	LP